March – May 2015

Successful Aging Forum

No Place Like Home

Mary Wilson, Keynote Speaker

May 27 & 28 ♦ Hampton Roads & Richmond
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Bon Secours would like to give special thanks and recognition to our major sponsors who help make the Successful Aging Forum possible.
Almost Spring!

Joan Jarrell
If you are like me, we are looking forward to the warmer weather of Spring. This time of year, I always start getting excited about May. There are so many things happening. May is my birthday month, Mother’s Day, the SeniorHealth Bahamas cruise, and the Successful Aging Forum!

But before we get to the excitement in May, I invite you to look at the trips and events section at the back of the magazine for information on the Lunch & Learns in Hampton Roads and Richmond, as well as the other activities in both locations. In addition, check out the fun trips and cruises we have scheduled.

Now, back to the Successful Aging Forum. After 15 years of amazing keynote speakers and wonderful programs in Hampton Roads, we are expanding to Richmond. The Hampton Roads Successful Aging Forum is May 27th. The next day, May 28th, the Successful Aging Forum will be in Richmond for the first time. Check inside this issue for more information on the locations and times. Also, there is an article on Mary Wilson (formerly of The Supremes) and bios on the Hampton Roads Physician Panel and the Richmond Expert Panel. If you haven’t reserved your spot yet, make sure you call and do so…the seats are filling fast!

Joanne Merinar
Ah…. Spring is in the air, and with it comes the start of a very busy time with our Healthy Communities neighborhood in East Ocean View. The next session of our Passport to Health program kicks off with over 40 families participating. The Community Garden will have a fix-up / repair day on March 27 and then open in April with a few new updates including a “Little Free Library” and story time for the kids. A resource fair is being planned for June and a new community gazebo is also in the works! Volunteers are always needed and welcome. If you like to read stories, work in the garden, or are good with carpentry/construction and want to get out and enjoy the spring air, consider coming out and helping the community.
A singer, best-selling author, motivational speaker, businesswoman, former U.S. Cultural Ambassador, mother, and grandmother, the legendary Mary Wilson has achieved a lot throughout her continuing career. Come hear about “Living Supremely” as Mary Wilson headlines the 2015 Successful Aging Forum!

This past June marked the 50th anniversary of the release of The Supremes’ first number-one hit single, “Where Did Our Love Go,” the first of five consecutive hits. The Supremes were one of the main singing groups that broke down social barriers and helped changed the face of pop music. They not only received a Lifetime Achievement Award but were also inducted into the Rock and Roll Hall of Fame.
Ms. Wilson’s “Dare to Dream” lecture, which she gives to young people, emphasizes the need for personal perseverance to achieve their goals, despite obstacles and adversities. This topic was the foundation of her best-selling autobiography “Dreamgirl – My Life as a Supreme,” followed by its sequel, “Supreme Faith – Someday We’ll Be Together,” and eventually led to the award-winning film “Dreamgirls,” in 2006.

Today, still performing with the same passion as she did singing with the original Supremes, Mary is not only touring across the U.S. and preparing a new album entitled Life’s Been Good to Me, but also tours the globe speaking as an advocate for social and economic challenges and promoting a variety of humanitarian efforts. Ms. Wilson has also served as the national celebrity spokesperson for Universal Sisters; a division of the National Speaking of Women’s Health Foundation that helps women to make informed decisions about their health care, well-being and personal safety.

Mary’s experience as a Supreme and cultural ambassador has greatly broadened her horizons and afforded her the opportunity to present her talents, compassion and strength to the world. Come join us on May 27 in Hampton and May 28 in Richmond, as she performs and shares her many accomplishments as the keynote speaker at this year’s Successful Aging Forum.

Successful aging forum

2 Chances to see Mary Wilson, our keynote speaker, at the Bon Secours 2015 Successful Aging Forum.

She will be at the Hampton Roads Convention Center, and the following day at the West End Assembly of God in Richmond, VA.

Hampton Roads

When: Wednesday, May 27, 2015
Where: Hampton Roads
Hampton Roads Convention Center
1610 Coliseum Drive,
Hampton, VA. 23666
Time: 9:00 a.m. – 3:00 p.m.
Cost: $30 (Includes lunch)

Richmond, VA

When: Thursday, May 28, 2015
Where: Richmond, Virginia
West End Assembly of God
401 N. Parham Road,
Richmond, VA. 23229
Time: 9:00 a.m. – 3:00 p.m.
Cost: $30 (Includes lunch)

Call 1 (888) 490-9355
http://www.eseniorhealth.com/programs/successful_aging_forum.php
Ask Our Physicians

Pain Management, do I need it?
How do I keep my heart healthy?
What is a geriatrician and why should I see one?
Who is that strange doctor in my hospital room?

Get the answers to all these questions and more as our physician panel takes the stage at this year’s Successful Aging Forum in Hampton Roads on Wednesday, May 27. Panel participants include:

**Orthopaedics & Sports Medicine**
**Jeremy Hoff, DO**
*Hampton Roads Orthopaedics & Sports Medicine*

Dr. Jeremy J. Hoff joined Hampton Roads Orthopaedics & Sports Medicine in July 2012. He has been instrumental in the establishment of a pain management program at Bon Secours and specializes in the implantation of devices that help patients manage their pain.

Dr. Hoff received his undergraduate degree from Rutgers University and subsequently graduated from the Western University of Health Sciences at the College of Osteopathic Medicine of the Pacific in Pomona, California. He completed his residency in physical medicine and rehabilitation, and a fellowship in interventional pain medicine at Virginia Commonwealth University/Medical College of Virginia.

**Cardiovascular & Thoracic Services**
**Robert Lancey, MD, MBA**
*Heart & Vascular Center, Maryview Medical Center*

Dr. Robert Lancey is the Medical Director of Cardiovascular & Thoracic Services of the Heart & Vascular Institute at Maryview Medical Center. He performs a full range of open-heart surgical procedures.

He is Board Certified in both Thoracic Surgery and General Surgery, serving his residency training in both specialties at the University of Massachusetts Medical Center. He trained in heart transplantation at Harefield Hospital in England, and then joined the faculty at the University of Massachusetts Medical Center for a decade.

**Geriatrics**
**Kevin Murray, MD, FACP**
*Ghent Family Practice & Internal Medicine*

As older adults, our bodies are different than they were when we were younger. Our medical needs and care are different, too. As a geriatrician, Dr. Kevin Murray is a primary care physician who is specially trained in providing medical care for the older adult.

Dr. Murray is certified by the American Board of Internal Medicine and is a Diplomat in geriatrics. His professional associations include the Norfolk Academy of Medicine, the Medical Society of Virginia, the American Medical Association, the American Society of Internal Medicine, the American Geriatric Society and the American College of Physicians.

**Geriatrics**
**Peter Paik, MD**
*Bon Secours Maryview Hospitalist Program*

Dr. Peter Paik is a Hospitalist with Bon Secours Maryview Medical Center. Hospitalists are physicians available 24 hours per day to collaborate with a patient’s primary care physician and manage the patient’s stay in the hospital.

Dr. Paik is a Family Medicine physician. He received his medical education and training at the University of California at Irvine.
Orthopaedics
Jason Hull, MD
Tuckahoe Orthopaedics
Jason R. Hull, MD, specializes in adult reconstruction of the hip and knee which includes treatment of hip and knee problems arising from arthritis and other inflammatory conditions, injuries and trauma, and some congenital/developmental conditions.
Dr. Hull is a graduate of the University of Richmond. He earned his medical degree from Medical College of Virginia/Virginia Commonwealth University (VCU) in 1999. After completing his orthopaedic surgery residency at VCU, he was awarded a fellowship in adult reconstruction of the hip and knee at the Mayo Clinic in Rochester, MN.

Pharmacist
Kerri Musselman, Pharm D
Bon Secours Medical Group
Kerri T. Musselman, PharmD, BCACP, is a clinical pharmacist specialist with the Bon Secours Medical Group (BSMG). She is a board-certified ambulatory care pharmacist. Ms. Musselman sees patients for their Medicare annual wellness visits.
Ms. Musselman completed her Doctor of Pharmacy degree in 2008 from the Virginia Commonwealth University (VCU) School of Pharmacy. Ms. Musselman also attended the University of Kentucky for her pre-pharmacy coursework. She was honored for her involvement with VCU School of Pharmacy in 2009 with the Virginia Academy of Student Pharmacists Alumni Award.

Sports Medicine
Nick Shedd, MS, CSCS
Sports Performance Coordinator
Sports Performance isn’t just for athletes. From helping you to recover from injuries to analyzing your golf swing, Nick Shedd, MS, CSCS, knows what it takes to keep you strong and healthy at all ages.
Mr. Shedd received his bachelor’s degree in sports medicine from Averett University and his master’s degree in exercise science (strength and conditioning) from Appalachian State University. He is a Certified Strength and Conditioning Specialist and a Functional Movement Screen Instructor.

Palliative Care
Leanne Yanni, MD
Bon Secours Palliative Medicine
Leanne Yanni, MD, specializes in Palliative Medicine at Bon Secours. Dr. Yanni’s goal is to improve quality of life for both the patient and family while facing a chronic medical condition.
Dr. Yanni attended medical school at SUNY Syracuse and completed her training in internal medicine at Virginia Commonwealth University. During that time, she developed special expertise in pain and palliative care. In October 2011, Dr. Yanni became the Medical Director of Palliative Medicine for Bon Secours Virginia.

Ask Our Experts
Is exercise important for me?
What is a medical directive?
How can I manage my medicine to prevent falls?

Get the answers to all these questions and more as our expert panel takes the stage at this year’s Successful Aging Forum in Richmond on Thursday, May 28. Panel participants include:

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RECENTLY, I WAS INVITED to write this reflection about friendship and good health. And as I sit at my desk preparing to write the article, the year 2015 is blossoming before me. I must say, 2014 was an unforgettable year for me. You see, on February 3, 2014, my beloved husband died after a seven month battle with cancer.

Directly across the street from me live a young couple and their precious three year old son, Patterson. During this past year, my husband struggled with nausea because of chemotherapy. It seemed that the nausea only increased when I attempted to cook in the house. The young man across the street happens to be quite a chef, so many nights they would invite me over for dinner, and then I would bathe Patterson while they cleaned up the kitchen. I cannot describe the joy that I received from the food and companionship, and Patterson brought a smile to my face on the most difficult of days!

The only reason I was able to continue working during this journey was due to the kindness of another neighbor, Bryant. With the Home Care nurses onboard and doing their good work, my husband needed a buddy more than he needed anything medicinal or therapeutic. Daily, Bryant would arrive at lunchtime and prepare a light lunch for my husband. He sat with him and they became beloved and trusted friends to each other.

Indeed, friends are a source of love and sustenance. I believe that they cared for me so that I could best care for my husband. May we all be blessed with rich friendships in 2015!

Mary Houston
Administrative Director
Mission, Spiritual Care Service
Bon Secours Richmond
There’s No Place like Home

There is no doubt that most patients would rather be cared for at home, where they are happier and more comfortable, than in the hospital, and Bon Secours Virginia Home Care is here to provide that in-home care for you. A Joint Commission Accredited and Medicare Certified agency with offices in the Richmond and Hampton Roads areas, Home Health clinicians deliver exceptional care to homebound patients with the goal of healing one’s body, mind and spirit.

Skilled nurses care for patients in their own homes by providing PT/INR monitoring (a blood test that measures how fast blood clots for post-surgical, ortho and cardiac patients), post-operative care, heart failure and COPD disease management programs, medication management, diabet teaching and telehealth monitoring. Bon Secours Home Care's "Hospital to Home" program partners with Bon Secours hospitals to provide a one-time visit for newly discharged patients with COPD, CHF (chronic heart failure), AMI (heart failure) or pneumonia.

Physical, Occupational and Speech Therapists offer a variety of programs to improve one’s health and independence, including an Orthopaedic Rehabilitation program following joint replacement surgery and a “Steady in Motion” program that targets balance dysfunction and fall prevention.

Hospice clinicians provide bereavement counseling, pain and symptom management, emotional and spiritual counseling, comfort medications, and medical and respiratory equipment to patients. Access to Nurses, Chaplains, Social Workers, Bereavement Counselors, Volunteers and a 24-hour Nurse On-Call are included within Bon Secours Hospice’s suite of services. The “Compassionate Care” program offered by Bon Secours Home Care allows a bridge for patients with chronic home health care needs to seamlessly transfer to hospice services.

For more information
Hampton Roads office: (757) 889-HOME (4663)
Richmond office: (804) 627-5200

Bon Secours Hampton Roads SeniorHealth Transportation Program

For: Medical appointments with Bon Secours providers.
Schedule: Monday – Friday 9 a.m. to 3 p.m.
Cost: $5 dollars one way. Return ride is free.

Newport News: Mary Immaculate Hospital (757) 886-6464
Portsmouth: Maryview Medical Center (757) 398-2278
The Gifts of Friendship
Compassion, Presence, Time & Opportunity

Spirituality Corner

“A man that hath friends must shew himself friendly.”
Proverbs 18:24a

I work in a long term care facility and for many senior residents, this is their home; therefore, I see them daily and have developed lasting friendships. As their friend, I have learned some crucial things it takes to be a friend to a senior. The first thing I learned is that you must have compassion. There may be times they are angry, confused or disoriented because of disease or health issue(s) and may not be approachable. Compassion allows one to not take their behavior personally, but to be caring, and patient with them, when and where they will allow you.

Secondly, I learned the importance of the Ministry of Presence. For many of my friends, conversation is not very important and silence is acceptable. They appreciate someone watching TV, fixing a puzzle, reading the Bible, singing, or simply listening to music with them. For many, they are lonely and for others, Presence means you care. The Ministry of Presence is integral to Chaplaincy, because as God’s representative, the Chaplain brings the Presence of God with them, along with His peace, love, compassion and more.

Lastly, the most meaningful aspect of friendship is allowing them the time and opportunity to share their life and legacy. I travel along the roads with them as they share the joys and sorrows of their life. This is meaningful for many seniors, because people seldom stop, really listen and attempt to feel their joy or pain. My training in Clinical Pastoral Education (CPE) has also enforced the importance of listening with a discerning ear, especially for the underlying message hidden beneath the surface. Through my relationships with my new friends, I am most grateful and have a much richer life because of what I have learned and gained from these encounters. Take time to share these gifts of unforgettable friendship with someone today.

Mary Russell, MA
Chaplain
Maryview Nursing Care Center

“I would rather walk with a friend in the dark, than alone in the light.”
~ Helen Keller
Recent health care reforms are enhancing the way of delivering care by introducing new requirements and incentives to improve quality and efficiency. Bon Secours is ensuring that this good help is passed on to our customers! In 2011, The Department of Health and Human Services proposed new rules to help doctors, hospitals and other providers to better coordinate care for Medicare fee-for-service beneficiaries through Accountable Care Organizations (ACO's). ACO's are voluntary organizations that encourage health care providers to work together to treat an individual across care settings, including doctor’s offices, hospitals, and long-term care facilities while providing quality, appropriate, efficient health care. This coordinated care will ultimately assure that Medicare fee-for-service beneficiaries, especially the chronically ill, get the right care, at the right time, while avoiding unnecessary duplication of services and preventing medical errors.

Bon Secours Health System was accepted to participate as a Medicare Accountable Care Organization. Upon acceptance, Bon Secours established the Good Help ACO whose goal is to coordinate care holistically by improving clinical processes and patient outcomes; creating an optimal person-centered experience of care; and controlling costs. Good Help ACO is designed to allow member physicians and hospitals to provide appropriate coordinated care for Medicare fee-for-service beneficiaries at a time when it is most needed, and in a setting that is both convenient and appropriate to the care received.

Access to affordable health care has always been at the foundation of the Sisters of Bon Secours’ health care ministry, and Bon Secours Health System has taken a pro-active role in lobbying for the rights of all people to be able to access health care services. Our new Good Help ACO will indeed allow us the opportunity to truly give “Good Help to Those in Need.”

For more information about Good Help ACO, visit our website at GoodHelpACO.org.
Hampton Roads Trips

**Canyon Country**

**June 4-12, 2015**

Your Tour Begins as you traverse through canyon country, including three national parks. Be immersed in some of America’s most awe-inspiring scenery. Begin in the colorful city of Scottsdale, Arizona, and on to Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell, Monument Valley, Bryce Canyon National Park, Zion National Park, and ending in Las Vegas, Nevada.

**Price Includes:** Round trip air from Norfolk, taxes, fees and transfers.

**Cost:** Double $2,899, Single $3,549; Triple $2,869 per person (Collette Vacations). Travel protection is available, call for details and brochure.

**San Antonio Holiday**

**December 4-8, 2015**

San Antonio is often referred to as the “American Venice.” With historic missions, Riverwalk restaurants, Spanish architecture and a beautiful river centerpiece make this a truly remarkable city. The sights and sounds of the holiday celebrations immerse you in the spirit of the season. Enjoy the Fiesta de las Luminarias, Mission San Jose, The Alamo, Paseo del Rio Cruise, Sandy Oaks Olive Orchard, LBJ Ranch, Fredericksburg, El Mercado, South Texas Heritage center, and the Mayan Dude Ranch.

**Price Includes:** Round trip air from Norfolk, taxes, fees and hotel transfers.

**Cost:** Double $1,829, Single $2,129; Triple $1,799 per person (Collette Vacations). Travel protection is available, call for details and brochure. Save $100 with the Book Now Costs (valid until July 3, 2015).

**Lancaster Pennsylvania**

**June 16-18, 2015**

Join us for three days of fun as we head to Lancaster’s Amish Country in Pennsylvania.

Our tour will consist of the following attractions:
- The “American Music Theater” for the fabulous showing of “Million Dollar Quartet.”
- Sight & Sound Theater, for the performance of “Joseph,” the story of his exile in Egypt and rise to power.
- A tour of the Amish Country, including a ride on the historic Strasburg Railroad as you enjoy a delicious lunch in its renowned dining car.

**Price Includes:** Deluxe motor coach transportation, 2 nights hotel stay (Country Living Inn), 2 shows, Strasburg Railroad, Amish Country tour, 2 dinners, 1 lunch, 2 breakfasts, and cancellation waiver.

Pickup points in Hampton Roads and Richmond.

**Cost:** Double $572 per person (Amber Tours)

**Cruises**

**Spirit of Norfolk**

**Wednesday, July 15, 2015**

Join us aboard Spirit of Norfolk for a fun and festive Silver Series Lunch and Game Cruise. Enjoy a lunch buffet with all of your favorites with music for dancing, Bingo, Name That Tune, Trivia Contest, Twist and Jitterbug Contests. You will be entertained all afternoon long. Go up on the top deck and bask in the sunshine as you revel in spectacular views including the Navy’s Atlantic Fleet, Old Fort Norfolk, the Battleship Wisconsin, Nauticus, The National Maritime Center and much, much more all for one affordable price!
Limited Transportation from Maryview Medical Center & Mary Immaculate Hospital is available for $10 (round trip)

**Time:** Board at 11:30 a.m. and Cruise from 12:00 p.m. – 2:00 p.m.

**Cost:** $40. Final payment is due June 1. Seats are limited so call right away to reserve yours.

### Hampton Roads Events

To register for Hampton Roads Events, or for more information, call 1 (888) 490-9355.

### Lunch & Learns

The Hampton Roads Lunch & Learns are provided at no cost to you. **Registration is required 10 days in advance due to limited seating.**

### Human Trafficking

Human Trafficking is right here in Hampton Roads. Learn what it is, how to recognize it, and what you should do if you suspect someone of doing it.

**Speaker:** Aditi Dutt

**Locations & Times:**

- **Maryview Medical Center: Conference Room B**
  - Wednesday, April 1, 10:30 a.m. – 12:30 p.m.
- **Mary Immaculate Hospital: Auditorium A & B**
  - Thursday, April 9, 10:30 a.m. – 12:30 p.m.
- **DePaul Medical Center: Cafeteria**
  - Friday, April 17, 3:00 p.m. – 5:00 p.m.

### Medication Management

The number of medications we take as we age often increases. Learn how our Bon Secours pharmacists can help you make sure that your medications work together and how to take them correctly.

**Locations & Times:**

- **Maryview Medical Center: Conference Room B**
  - Tuesday, June 9, 10:30 a.m. – 12:30 p.m.
- **Mary Immaculate Hospital: Auditorium A & B**
  - Tuesday, June 16, 10:30 a.m. – 12:30 p.m.
- **DePaul Medical Center: Cafeteria**
  - Friday, June 19, 3:00 p.m. – 5:00 p.m.

### SeniorHealth Movie Day

**The Princess Bride**


**Locations & Times:**

- **Tuesday, June 23,** 11:00 a.m.
  - The Commodore Theatre
  - 421 High Street, Portsmouth, VA
- **Thursday, June 25,** 11:00 a.m.
  - Mary Immaculate Hospital
  - Resource Center, Auditorium A & B

### Club 60 at DePaul

Every Friday in DePaul Medical Center’s Cafeteria, you can find a dedicated and active group of seniors enjoying each other’s company and eating a well-balanced and nutritious meal. They’re part of “Club 60.” Each week there is always entertainment and something special going on! New members will receive a coupon for a free meal on their next visit.

- **Every Friday at 4:00 p.m. – Dinner**
  - 1st Friday – Birthday Celebrations during dinner
  - 2nd Friday at 3:00 p.m. – Blood Pressure Checks
  - 4th Friday at 3:00 p.m. – Bingo

**Cost:** $5

### Exercise

**Class Schedule at Norfolk SeniorHealth Office**

**Monday:**

- Stretch and Tone: 10:00 a.m. – 11:00 a.m.
- Arthritis Exercise: 11:30 a.m. – 12:30 p.m.

**Thursday:**

- Beginning Exercise: 10:00 a.m. – 11:00 a.m.

The exercise classes are held at the Norfolk SeniorHealth office.

7300 Newport Avenue, Suite 400, Norfolk, VA 23505

**Class Schedule at Mary Immaculate Hospital**

**Monday, Wednesday & Friday**

- Exercise Class: 9:00 a.m. – 10:00 a.m.

These classes are held at the Mary Immaculate Hospital Auditorium in the Health Resource Center.

2 Bernardine Drive, Newport News, VA 23602
Richmond Trips
For Information and Reservations:
SignaTours
1237 Mall Drive, North Chesterfield, VA 23235
(804) 379-6500

Call SignaTours to Pay by Mastercard or VISA or make check payable to SignaTours and mail to above address. Please reference which tour(s) you are signing up for, names of participants, phone number, and preferred departure location.

Trips depart: Bon Secours St. Francis Watkins Centre & Bon Secours Memorial Regional Medical Center.

Mormon Tabernacle Choir
Thursday, June 25, 2015
Performing for one day only at the Music Center at Strathmore in Rockville, MD - this is one performance you don’t want to miss! Strathmore is an impressive cultural and artistic venue.

Price Includes: Deluxe motor coach transportation and hot, plated lunch at Mrs. K's Toll House Restaurant.
Cost: $177.00 per person (SignaTours)

Cruise to Tangier Island
Wednesday, August 26, 2015
Travel to Tangier Island, an unspoiled fishing village, aboard the Chesapeake Breeze sightseeing boat. Stroll along the small roads and visit unique gift shops or, for an additional fee, hop aboard a local’s golf cart for a tour of the island.

Price Includes: Deluxe motor coach transportation, box breakfast, and lunch at the Chesapeake House.
Cost: $130.00 per person (SignaTours)

Visit “Wild & Wonderful” West Virginia
September 24-25, 2015
Join us for two days of fun as we head to the beautiful Allegheny Mountains and the small town of Elkins, WV. Music and laughter can be found every night at the American Mountain Theater, West Virginia’s first “Branson Style" music and comedy variety show. Partnered with a four hour train ride aboard the New Tygart Flyer, you’ll have to go a long way to beat this incredible combination of music, mountain wilderness and wonderful meals.

Price Includes: Deluxe motor coach transportation, one night stay (Holiday Inn), 2 shows, New Tygart Flyer vintage train, 2 breakfasts, 2 lunches, 2 dinners, tax and gratuities for all meals, and escort.
Cost: Single $506.00 Double $445.00 Triple $420.00 Quad $410.00 (SignaTours) $200 Deposit Confirms Reservation. Balance in full due by August 15, 2015

Peaks of Otter Lodge & D-Day Memorial
Friday, October 23, 2015
Travel to Bedford, VA for a stop at a local orchard farm for fresh picked apples. Enjoy beautiful fall foliage as you continue to the Peaks of Otter Lodge, where you will enjoy a special “Octoberfeast” buffet lunch. Following lunch, visit the National D-Day Memorial.

Price Includes: Deluxe motor coach transportation, admission, and lunch.
Cost: $125.00 per person (SignaTours). Payment due September 25th.
Richmond Events
To register for Richmond Events, or for more information, call (804) 833-0976 or email walk@bshsi.org.

Library Lunch & Learn
SeniorHealth & Henrico Library Partnership

“Breast Health: Prevention & Wellness”
Tuesday, March 24
Speaker: Mary Baker, MSN, RN.
Location: Sandston Public Library, 23 East Williamsburg Road, Sandston, VA 23150
Time: 12:00 p.m. – 1:30 p.m. Registration required – seating is limited.

Lakewood Manor Lecture Series
SeniorHealth & Lakewood Manor Partnership

“Diabetes and Healthy Eating for Seniors”
Thursday, April 9
Speaker: Chloe Levening, RD, CDE
Location: Simms Center, Lakewood Manor, 1900 Lauderdale Drive, Richmond, VA 23238
Time: 10:00 a.m. – 11:30 a.m. Registration required – seating is limited.

“Advance Care Planning”
Tuesday, April 21
Speaker: Rebecca Gruszos, LCSW.
Location: Sandston Public Library, 23 East Williamsburg Road, Sandston, VA 23150
Time: 12:00 p.m. – 1:30 p.m. Registration required – seating is limited.

“Osteoporosis”
Thursday, June 4
Speaker: Dr. Alan Stern
Location: Simms Center, Lakewood Manor, 1900 Lauderdale Drive, Richmond, VA 23238
Time: 10:00 a.m. – 11:30 a.m. Registration required – seating is limited.

Yoga in the Prayer Garden
SeniorHealth & Bon Secours Medical Home Partnership
Friday, March 13, April 10, May 8, June 12, July 10
Gentle Yoga. Free chair yoga class the second Friday of each month for seniors (50+) offers options for all levels of yoga experience. Feel free to bring your own yoga mat if you prefer the floor — chairs will be provided. Open to anyone in the community! Led by Kerri Helsley, RN, Certified Integral Yoga Instructor.
Location: St. Francis Cancer Institute
15061 St. Francis Boulevard, Midlothian, VA 23114
Meeting Room 1
Time: 11:00 a.m. -12:00 p.m.

First Day of Spring
Friday, March 20, 2015
We are in the process of updating our database, if you made a request concerning our mailing, we will take care of it by the next issue of the magazine. For more information please contact us to the following number 1.888.490.9355.